

Variable	Mean	SD	Min	Max
Age	38.5	10.2	25	55
Gender	Male	Female	Male	Female
Marital status	Married	Single	Married	Single
Education	High school	College	High school	College
Occupation	Manager	Worker	Manager	Worker
Income	Low	High	Low	High
Health status	Good	Poor	Good	Poor
Smoking status	Smoker	Non-smoker	Smoker	Non-smoker
Alcohol consumption	Regular	Occasional	Regular	Occasional
Exercise frequency	Regular	Occasional	Regular	Occasional
Stress level	Low	High	Low	High
Sleep quality	Good	Poor	Good	Poor
Dietary habits	Healthy	Unhealthy	Healthy	Unhealthy
Family size	Small	Large	Small	Large
Work-life balance	Good	Poor	Good	Poor
Life satisfaction	High	Low	High	Low
Overall well-being	Good	Poor	Good	Poor

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